celiacdietitian

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Celiac Dietitian Nutritionist - Tayler Silfverduk she/her

1,991 posts **55.3K** followers **1,219** following

This page is for you - the celiac who is CRAVING more help!
👋 I'm Tayler - a celiac of 10 years & gluten-free dietitian ... more
tayler.silfverduk.us/link-in-bio celiacdietitian

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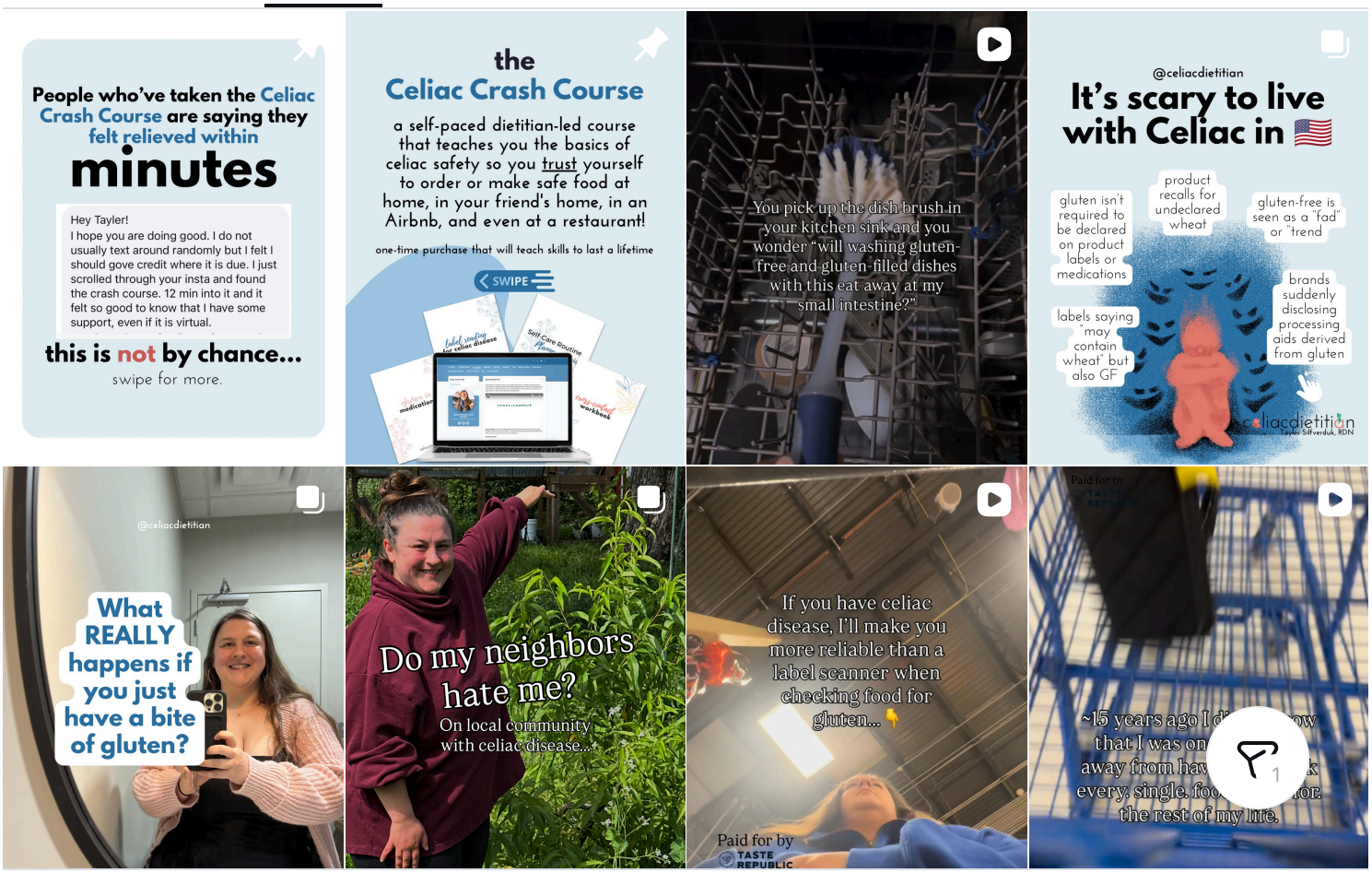
People who've taken the Celiac Crash Course are saying they felt relieved within
minutes
Hey Tayler!
I hope you are doing good. I do not usually text around randomly but I felt I should gove credit where it is due. I just scrolled through your insta and found the crash course. 12 min into it and it felt so good to know that I have some support, even if it is virtual.
this is not by chance...
swipe for more.
the
Celiac Crash Course
a self-paced dietitian-led course that teaches you the basics of celiac safety so you trust yourself to order or make safe food at home, in your friend's home, in an Airbnb, and even at a restaurant!
one-time purchase that will teach skills to last a lifetime
SWIPE
You pick up the dish brush in your kitchen sink and you wonder "will washing gluten-free and gluten-filled dishes with this eat away at my small intestine?"
@celiacdietitian
It's scary to live with Celiac in 🇺🇸
gluten isn't required to be declared on product labels or medications
product recalls for undeclared wheat
gluten-free is seen as a "fad" or "trend
brands suddenly disclosing processing aids derived from gluten
labels saying "may contain wheat" but also GF
@celiacdietitian
What REALLY happens if you just have a bite of gluten?
Do my neighbors hate me?
On local community with celiac disease...
If you have celiac disease, I'll make you more reliable than a label scanner when checking food for gluten...
Paid for by TASTE REPUBLIC
Paid for by
~15 years ago I d
that I was on
away from hav
every, single, foo
the rest of my life.

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POV: you stop falling in to gluten spiral after gluten spiral and start living your life equipped to stay gluten-free NO MATTER where you find yourself...